



## State of New Jersey

DEPARTMENT OF EDUCATION  
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Governor

LUCILLE E. DAVY  
Commissioner

October 29, 2009

TO: Chief School Administrators/Charter School Lead Persons  
Nonpublic School Administrators

FROM: Lucille Davy, Commissioner

SUBJECT: H1N1 Influenza Website

I ask that you please read the attached message from Department of Health and Senior Services Commissioner Heather Howard on H1N1 Influenza.

The Department of Education would also like to take this opportunity to remind districts to stay in close communication with your local health department and take all steps recommended to limit the spread of influenza in our schools. Please remind parents/guardians that symptoms of H1N1 include fever, cough, sore throat, body aches, headaches, chills and fatigue. Some people have reported diarrhea and vomiting. If a child is exhibiting these symptoms, please remind parents/guardians to immediately call the child's physician and keep their child home from school.

Also, parents can help us limit the spread of influenza by teaching their children the following:

- Wash hands often, especially after coughing or sneezing. Washing with soap and hot water for at least 20 seconds is ideal. Alcohol-based hand sanitizer cleaners are also effective.
- Keep their hands away from their face and avoid touching their mouth, nose or eyes.
- Cover coughs and sneezes with tissues or by coughing into the inside of their elbow.
- Stay home when sick.

The Department of Education will continue to distribute the *State of New Jersey H1N1 Influenza Update* and provide districts with the most up-to-date information and guidance regarding H1N1 Influenza.

As noted in the attached message, for more information and questions, please call the New Jersey H1N1 toll-free public information hotline on weekdays from 9 a.m. to 5 p.m. at **1-866-321-9571**. Call center operators will be able to provide general information about H1N1, vaccine safety and availability information, symptoms of H1N1 and flu prevention measures.

We appreciate your assistance in ensuring that we do everything we can to make sure our schools are a safe place.